

TFD Health & Fitness - Class Schedule 2nd Dec



Monday

Time	Class	Location	Instructor
09.15-09.45	spin	spin	Blake
09.55-10.40	TBW	venom	Blake
17.45-18.30	dynamic pump	venom	Steffi
18.00-18.30	konga	mustang	Jo
18.45-19.15	spin	spin	Jo
19.00-19.45	pilates	mustang	Elaine

Thursday

Time	Class	Location	Instructor
09.15-09.45	spin	spin	Jo
09.55-10.40	dynamic pump	venom	Steffi
10.55-11.40	yogalates	mustang	Steffi
17.45-18.30	dance fit	mustang	Hayley
18.00-18.30	kettlebells	venom	Kim
18.45-19.15	strong 30	venom	Lisa
19.10-19.40	spin	spin	Blake

Tuesday

Time	Class	Location	Instructor
09.15-10.00	60+ interval workout	gym floor	Blake
09.30-10.00	spin	spin	Anthea
10.15-11.00	dynamic pump	venom	Anthea
10.30-11.15	pilates	mustang	Christine
17.45-18.15	spin	spin	Steffi
18.30-19.15	dance fit	mustang	Hayley
18.30-19.00	spin	spin	Anthea
19.10-19.55	dynamic pump	venom	Anthea

Friday

Time	Class	Location	Instructor
09.15-09.45	spin	spin	Anthea
09.30-10.00	aerobics	mustang	Christine
10.15-11.00	pilates	mustang	Christine
17.30-18.15	pilates	mustang	Elaine
17.45-18.30	dynamic pump	venom	Steffi
18.40-19.10	spin	spin	Kim

Wednesday

Time	Class	Location	Instructor
09.30-10.00	konga	mustang	Jo
10.15-10.45	cardio tone	venom	Jo
17.45-18.15	cardio combat	venom	Steffi
18.10-18.40	spin	spin	Blake
18.25-19.10	zumba	mustang	Steffi
19.00-20.00	performance spin	spin	Carl
19.15-19.45	cardio HIIT	venom	Kim

Saturday

Time	Class	Location	Instructor
08.45-09.15	spin	spin	Blake
09.00-09.30	core conditioning	mustang	Kim
09.25-10.10	TBW	venom	Blake
09.45-10.30	dance fit	mustang	Steffi

Sunday

Time	Class	Location	Instructor
09.00-10.00	fitness yoga	mustang	Julie
09.30-10.00	spin	spin	Jo
10.15-10.45	konga	mustang	Jo

Book in advance
on the
FitSense app

PLEASE NOTE:

Restricted app access and a charge of £8.40 per class will be payable by anyone booked in but not attending class. We require a minimum of 2hrs notice to cancel a class booking, so we can offer the place to someone else. If you are late, your class space may be given away.